

Welcome to the Parish of Hellesdon
Churches of St Mary, Low Road, NR6 5AT and
St Paul, Hawthorne Avenue, NR6 6LD

Weekly newsletter for Sunday 11th October 2026 – 19th Sunday after Trinity

Services for this week

10am Holy Communion at St Paul's on Sunday 11th October
 10am Holy Communion at St Mary's on Wednesday 14th October

Services for next week

10am Morning Worship at St Mary's on Sunday 18th October
 10am Holy Communion at St Mary's on Wednesday 21st October

Today's Collect – Faithful Lord, whose steadfast love never ceases and whose mercies never come to an end: grant us the grace to trust you and to receive the gifts of your love, new every morning, in Jesus Christ our Lord. Amen.

Post Communion – Holy and blessed God, you have fed us with the body and blood of your Son and filled us with your Holy Spirit: may we honour you, not only with our lips but in lives dedicated to the service of Jesus Christ our Lord.

Bible readings for this week			Sunday 11 th October		
			Exodus 32: 1-14 Philippians 4: 1-9	Psalm 106: 1-6, 19-23 Matthew 22: 1-14	
	Morning Prayer	Evening Prayer		Morning Prayer	Evening Prayer
Mon 12 th	Psalm 98 2 Kings 17: 24-end Philippians 1: 1-11	Psalm 105 Ecclesiasticus 22: 6-22 John 13: 1-11	Thurs 15 th	Psalm 115 2 Kings 19: 1-19 Philippians 2: 14-end	Psalm 116 Ecclesiasticus 24: 23-end John 13: 31-end
Tues 13 th	Psalms 106 2 Kings 18: 1-12 Philippians 1: 12-end	Psalms 107 Ecclesiasticus 22:27 – 23:15 John 13: 12-20	Fri 16 th	Psalm 139 2 Kings 19: 20-36 Philippians 3:1 – 4:1	Psalm 130 Ecclesiasticus 27:30-28:9 John 14: 1-14
Weds 14 th	Psalm 111 2 Kings 18: 13-end Philippians 2: 1-13	Psalm 119: 129-152 Ecclesiasticus 24: 1-22 John 13: 21-30	Sat 17 th	Psalm 121 2 Kings 20 Philippians 4: 2-end	Psalm 118 Ecclesiasticus 28: 14-end John 14: 15-end
You can also phone Daily Hope on 0345 646 2206 which is a free service where you can hear hymns, prayers, reflections and church services. Calls are charged the same rate as a standard UK landline number.					

Safeguarding

We take safeguarding very seriously. If you are concerned that someone you know is at risk of, or is being abused, or they present a risk to others, please seek advice from the Parish Safeguarding Officer (Milee Brambleby; milee@hellesdonchurches.org) or, if necessary, report the matter to Social Services at Norfolk County Council (0344 800 8020) or call the Police (999) if someone is at immediate risk .

To know and grow in Christ, and to be active and visible in the community

This week's activities:

Monday 12th October, Parish Prayers, 9.30-10.00am, St Paul's;

Monday 12th October, Meditation by Zoom, 8.00-8.45pm (if you would like to join, please email admin@hellesdonchurches.org to be put in touch with the group leader);

Tuesday 12th October, Tea on Tuesday, 2.00-4.00pm, St Mary's;

Wednesday 7th October, Marlpit Community Choir, 7.00-8.30pm, St Mary's;

Wednesday 13th October, Home Group, 7.30-9.00pm (if you would like to attend, please email admin@hellesdonchurches.org to be put in touch with the group leader).

Saturday 17th October, Coffee Morning, 10am-12pm, St Paul's.

Norwich Foodbank collections

Thank you for your ongoing support for Norwich Foodbank, by bringing your donations to our collection boxes in both churches.

They are currently in urgent need of the following items:

Microwave rice	Tinned meat
Custard	Rice pudding
Instant Mash	Tinned veg (not sweetcorn)
Tinned fruit	Coffee

Award nomination

We have been shortlisted for a Rising Star award in the Broadland Community Awards, as a result of the hard work of Milee and her fantastic team at Tea on Tuesday. The winner of the award will be announced at an awards ceremony on 15th October.

We are grateful to everyone who works so hard to make Tea on Tuesday the great success it is, and we will let you know what happens at the Awards Ceremony.

Local Area Coordinator

The Local Area Coordinator for Hellesdon is Heidi Waters. She can help you with getting information, advice and support; overcoming personal challenges; supporting you to feel safe and more confident about the future; improving your health and wellbeing; reducing loneliness and isolation; making new connections and friends and lots more. She will be at Tea on Tuesday every other week on the following forthcoming dates: 29th September, 13th and 27th October. You can also contact her directly on 07585 248 368 or heidi.waters@southnorfolkandbroadland.gov.uk

Safeguarding survey

You should have received an email a couple of weeks ago, from Revd Sue, asking you to complete a safeguarding survey. If you have already completed it, thank you! If you haven't completed it yet, please would you! If you haven't seen it, please check your Spam mailbox.

Donate your old bras to charity

Norfolk Knitter and Stitchers, which our Knit and Natter Group are part of, are collecting old bras to raise money for breast cancer research. Please bring your items to either church and they will be taken to the collection point.

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Pastoral Visits

If you, or someone you know, is in need of a pastoral visit, please let Rev'd Sue know and she will arrange for one of the Pastoral Visitors to get in touch.

Anti-Slavery week 12th to 18th October

Sunday, 18th October has been designated Anti-Slavery Day in the UK. Anti-Slavery Week runs between Monday, 12th to Sunday, 18th October.

Modern slavery is not just a distant problem: it is happening right on our doorstep. Hidden in plain sight, from forced labour in local businesses to domestic servitude in ordinary homes, thousands of people are trapped in exploitation across our communities. People are daily being coerced and controlled into criminal and sexual exploitation on our streets and in homes across the country. Modern slavery is embedded in the supply chains of the food we eat, the clothes we wear, and the services we use every day, without us realizing.

Victims are often vulnerable individuals, lured by false promises, then coerced into working under inhumane conditions with little or no pay at all, or into engaging in criminal acts for which they are held accountable. They face threats, psychological and physical abuse, experiencing an overwhelming fear that keeps them silent. They are stripped of their freedom and dignity, trapped in a cycle of abuse and exploitation.

As members of the faith community, as consumers and citizens, it is crucial we recognize the signs of slavery, and work together to eradicate this crime. The Catholic church estimate there are 8,600 slaves in East Anglia.

Lois Bosatta will be speaking in our church on Sunday, 28th February. This October, please look out for Modern Day Slavery posters in our two churches. They include information on how to recognise signs of slavery.

Eco Pause for thought

If you live in Broadland District Council area, you can recycle small electrical items by leaving them out in a waterproof bag with your green or grey bin. Find out more here [Broadland electrical, battery and textile collections | Broadland and South Norfolk](#) Residents of South Norfolk District Council need to book a collection slot for these items. Find out more here [Broadland electrical, battery and textile collections | Broadland and South Norfolk](#)

Also, B & Q are recycling small electricals, light bulbs and fluorescent tubes. There is a container as you come out of the exit at their store on Boundary Road.

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You are invited to our Service of Light and Remembrance

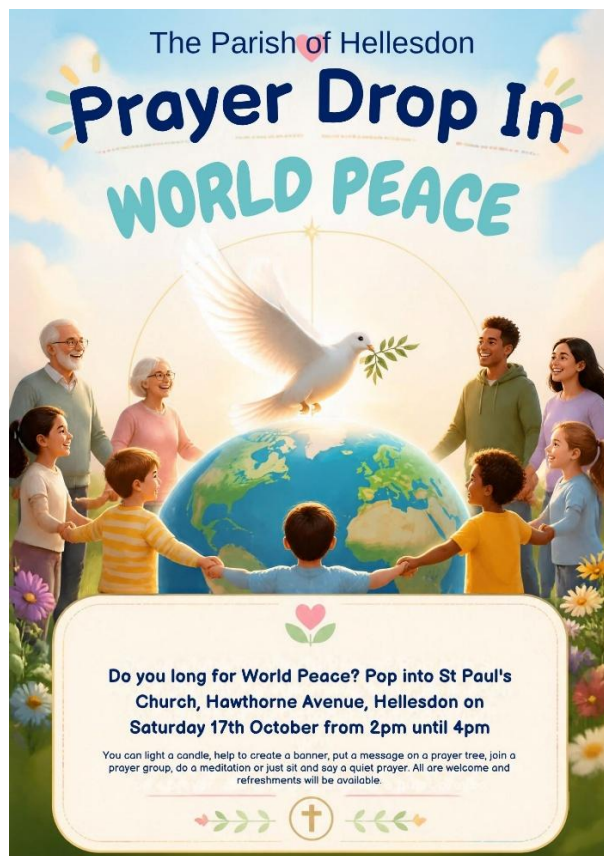
Sunday 1st November, 3.00pm at St Mary's Church, Low Road, Hellesdon



You are warmly invited to join us for this service where we will remember and give thanks for our loved-ones who are no longer with us. The service will include music, a Bible reading, prayers and time for you to light a candle. We would also love you to stay for refreshments and a chat after the service.

In addition, the church will be open for an hour before the service (from 2pm) for you to come and light a candle, complete a prayer card with the name of those you are remembering, spend a few quiet moments and, if you wish, say a prayer. We will pray for those named on the prayer cards during the service.

If you are not able to come along on 1st November, but would like a candle lit and your loved ones remembered by name, please let us know by sending an email to admin@hellesdonchurches.org and we will ensure that this takes place for you at the service.



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Wild Worship on Saturday 3rd October

Our second Wild Worship service was another great success and there were 40 attendees, including a few children, taking part in worship, singing and activities. Six dogs were brought along too and were given a blessing by Revd Sue.

Please come and join us next time on Saturday 7th November, 3pm at St Paul's Church



GET IN TOUCH	
Reverend Sue Mann (rest day is Friday): revsue@hellesdonchurches.org 01603 733202	Milee Brambleby, Parish Safeguarding Officer: milee@hellesdonchurches.org
Debbie Cronk, Parish Administrator: admin@hellesdochurches.org	John Bridge, Treasurer: treasurer@hellesdonchurches.org
Margaret Abbott, Churchwarden with primary responsibility for St Mary's: 07873 888115	Margaret Bagley, Churchwarden with primary responsibility for St Paul's: 01603 484620
Website: achurchnearyou.com and search for Hellesdon	

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